



2016



Sugar Smasher Challenge

SIGN-UP: **September 5th – September 19th**

CHALLENGE STARTS: **September 12th** • CHALLENGE ENDS: **October 8th**

15 WELLNESS POINTS EARNED IF COMPLETED

The **Healthy Directions** Sugar Smasher Challenge is a four-week individual challenge that reduces your intake of “empty” calories.

“Empty” calories contain no vitamins, minerals, or nutrients. Most high-sugar foods and drinks provide “empty” calories. Healthier foods, like whole grains, fruits, vegetables, and low-fat dairy products, provide a more balanced diet.

A diet with out “empty” calories may help stabilize blood sugar for those at risk for or with diabetes.

How the challenge works:

Award yourself one point each day you avoid any of these high-sugar snacks:

High-Sugar Foods*

brownies	candy	donuts	pies
cakes	cookies	ice cream	pudding

High-Sugar Beverages*

- soda
- fruit juice
- energy drinks like Gatorade®
- lemonade
- sweet tea
- flavored lattes and cappuccinos

*Sugar-free foods, drinks, and artificial (“non-nutritive”) sweeteners, such as Equal®, SPLENDA®, or NutraSweet® are permitted.

Your goal: reach 20 challenge points to earn 15 wellness points.

Challenge Sign-up:

- Log on to your **www.myviverae.com** homepage
- Scroll down to the **Challenges** section
- Click **Go to Challenges** to display details around dates, challenge goals, disclaimers, and sign up for current challenges



Challenge Tracking:

- Log on to **www.myviverae.com**
- Track your progress from the **Challenges** section of the homepage

Questions about this challenge or your wellness program? Call 888-VIVERAE (848-3723).



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www.myviverae.com